



hello

Hello and welcome to the June edition of the Chanctonbury Good News

CHANCTONBURY HEALTH CARE SUPER-FOOD OF THE MONTH

THE RADISH



The radish is an edible root vegetable best known as a classic adornment for the leafy green salad, offering a crunchy, peppery punch. It is a member of the Brassicaceae family and is cousins with kale, broccoli, cauliflower and turnip. The radish is packed full of super nutrients. It is rich in vitamin C, folic acid, potassium, magnesium, B6 and calcium and provides many health benefits including:

- Detoxification
- Anti-inflammatory
- Weight management
- Heart and Skin Health
- Hydration

CUCUMBER RADISH SALAD

This creamy, crunchy cucumber radish salad makes a wonderful easy to make hydrating summer salad that is really refreshing on a hot day and makes a great accompaniment to a summer barbeque. Prep time: 10 minutes

INGREDIENTS:

- 1 English cucumber
- 20 radishes (approximately 2 bunches) trimmed and thinly sliced
- ½ cup chives or green onion (1 bunch) chopped
- ¾ cup sour cream or for a lighter salad Greek yoghurt
- Sea salt – add to taste

INSTRUCTIONS:

In a medium salad bowl combine sliced cucumber, sliced radishes, and chopped green onion.

Just before serving add ¾ cup of sour cream or Greek yoghurt. Add salt to taste. Stir to coat the salad

Sharon Sinclair

Nutritional Therapist, Dip ION mBANT



Complimentary tea, coffee and juices were served as well.

There was many opportunities to win on the day. Raffle prizes and Tombola prizes were kindly donated by local businesses in Alfriston, Hailsham and Seaford and included vouchers for meals, afternoon tea, hairdressing and also items such as a BBQ! There was guess the weight of the cake, which ending up being more than 7lbs in weight, guess how many sweets in the jar and guess the name of the bear, whose name was “Christopher”.

Sarndra from Jasmine Therapy a local, mobile holistic and complementary therapist was providing lovely hand massages for a donation on the day.

Team members wanted to raise funds for Macmillan Cancer support after Christine a member of the Alfriston Court team since 2012 was diagnosed with Cancer earlier this year.

On Wednesday 20th June Alfriston Court presented Ian from Macmillan with a cheque for the total of £859.60.

Thank you to everyone who attended, donated and helped Alfriston Court to be able to host this event and to make it such a success, looking at dates now for next years event!

WE ARE MACMILLAN. CANCER SUPPORT

Alfriston Court's Coffee and Cake afternoon for Macmillan Cancer Support

On Sunday 10th June 2018 Alfriston Court hosted an afternoon in aid of raising money for Macmillan cancer support and raised a whopping £859.60 in just two hours.

What started as a small coffee morning to raise money grew into a large celebration with around 100 guests. We were kindly donated the use of a marquee on the lawn for one of our favourite local bands “Recycled” to perform for the afternoon. “Recycled” are regularly performing within our homes, they played hits of the 50’s and 60’s on the lawn with the beautiful downs as their backdrop.

Lynn and other members of the kitchen brigade at Alfriston Court made a selection of cakes, over 12 different varieties including traditional favourites such as coffee and walnut, chocolate as well as exotic flavours of pineapple and jam and coconut. These were accompanied by an assortment of cupcakes and biscuits. Whole cakes and portions were available for a donation.



Oaklands Court

Horam

01435 813030



Queensmead

Polegate

01323 487931



Alfriston Court

Alfriston

01323 874140

CONFERENCE ON ALZHEIMER'S DISEASE LONDON SATURDAY 18TH MAY



I was recently invited to attend the 2018 IHCAN conference on Alzheimer's. The guest speaker was Dr Dale Bredesen, Professor of Neurology and Director of research into Alzheimer's disease at the University of California. He has spent over 30 years researching the treatment and prevention of Alzheimer's disease. Dr Bredesen is acknowledged as a leader in the field of study that understands the underlying causes of Alzheimer's and translating this knowledge into an effective treatment protocol that involves many aspects including nutrition and life style factors.

Dr Bredesen likened Alzheimer's pathology to a 'roof with many holes' that there are dozens of biological mechanisms that need to be optimised (brought into balance) in order to return a person to health. Traditional drug therapy plugs just one of these holes, however, one needs to plug a good number of these holes to have a chance of improving the condition.

During the seminar Dr Bredesen explained that his research has led to the discovery of three distinct subtypes of the disease. The important implication of this discovery is that these subtypes have different underlying causes and that they respond differently to the treatment protocol. As a result of this discovery, the treatment programme can now be more specifically tailored to addressing the different subtypes of the disease. For instance, the underlying cause of the Atrophic subtype of the disease is due to a lack of important supporting chemicals that the brain needs in order to fully function.

These chemicals are hormones such as oestrogen, progesterone, testosterone, thyroid and vitamin D. Optimising hormone levels in these types of patients is, therefore, an important part of the treatment protocol.

During the seminar Dr Bredesen discussed how the treatment protocol that he has developed has led to the reversal of symptoms in patients with mild cognitive impairment and early onset of Alzheimer's.

Dr Bredesen played testimonial videos of some of his patients who have gone from barely functioning to being able to return to work, which I found fascinating.

The protocol programme to reverse cognitive decline, designed by Dr Bredesen and his team has been published last year in his book 'The End of Alzheimer's' which, I have read with much interest. I would definitely recommend this book to anyone wishing to understand more about Dr Bredesen's ground breaking work and treatment protocol and I intend to continue sharing my knowledge within our Chanctonbury Healthcare community.

Sharon Sinclair, Dip ION, m BANT
Nutritional Therapist
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June's Top reviews

In June we received some lovely feedback on Carehome.co.uk at our homes here are a few;

"The Oaklands care staff are delightful going beyond the call of duty to ensure that the resident is both physically well cared for and given the correct professional help and encouragement when it's needed.

My stay has been comfortable with superb care and excellent meals provided by the catering staff."

"I received excellent respite care. The staff were very kind and helpful."

"I have found all aspects of care at Oaklands Court to be excellent. My mother was admitted following a fall and she was very low in spirit and required significant care. She is now much better, enjoying a more positive outlook."

Upcoming events.... Oaklands Summer Fair 21st July 2018



East Sussex Women in Business Awards

The 20th July 2018 is the Women in Business awards 2018 and Chanctonbury Healthcare have been shortlisted in the following categories:

- The Innovation Award
- Large Business (over 50 employees)
- Woman in Education (congratulations to Training Manager Jane for this one!)

